



Office for Senior Resources Putnam Valley Friendship Center

April 2025 – Menu



For more information about our Programs & Services, please call (845) 808-1700 x47100. Visit our website at putnamcountyny.gov/osr

Carmel...808-1701 Mahopac...808-1738 Philipstown...808-1705 Putnam Valley...808-1730

| Mon | Tues | Wedn | Thurs | Fri |
|--|--|--|---|---|
| Menus are subject to change. Some substitutes are available for main dish upon request. Please ask Site Manager when you arrive at site. | 1 SOUP ROSEMARY CHICKEN QUINOA SALAD ROASTED BROCCOLI ORANGE | 2 SOUP SALMON w/ GARLIC SAUCE BROWN RICE ROASTED ASPARAGUS PINEAPPLE | 3 SOUP BEEF STROGANOFF GINGER CARROTS BANANA CHOCOLATE PUDDING | 4 SOUP SPRING VEGGIE FRITTATA GREEK LEMON POTATOES MARBLE-RYE BREAD BERRIES w/ YOGURT |
| 7 SOUP CHICKEN PARMESAN FRENCH GREEN BEANS GARLIC BREADSTICKS CLEMENTINE | 8 SOUP ROASTED PORK LOIN w/ GRAVY MASHED POTATOES CABBAGE SLAW WHOLE-WHEAT BREAD GRAPES | 9 SOUP BAKED COD w/ DILL SAUCE QUINOA & COUSCOUS CUCUMBER SALAD ORANGE BIRTHDAY TREAT | 10 SOUP OPEN-FACED TURKEY SANDWICH BAKED SWEET POTATO KALE & BEET SALAD PEAR | 11 SOUP BAKED ZITI w/ PARMESAN GARDEN SALAD BERRIES w/ YOGURT |
| 14 SOUP BALSAMIC CHICKEN MASHED SWEET POTATO GREEN PEAS WHOLE-WHEAT BREAD BANANA | 15 SOUP TURKEY CHILI w/ CORNBREAD SPINACH SALAD APPLE | 16 SOUP SALMON w/ ORANGE-GINGER GLAZE BROWN RICE ROASTED BROCCOLI PINEAPPLE | 17 SOUP PECAN-CRUSTED CHICKEN FRENCH GREEN BEANS MARBLE-RYE BREAD BERRIES w/ YOGURT | 18 SOUP BAKED COD w/ LEMON SAUCE QUINOA SALAD POTATO KUGEL CLEMENTINE CARROT CAKE |
| 21 SOUP SESAME CHICKEN BROWN RICE ROASTED CARROTS PEAR | 22 SOUP ITALIAN BEEF SANDWICH w/ PEPPERS & ONIONS MESCLUN SALAD GRAPES | 23 SOUP POTATO-CRUSTED POLLOCK QUINOA & COUSCOUS SUGAR SNAP PEAS ORANGE JELLO | 24 SOUP TURKEY BURGER SWEET POTATO FRIES CABBAGE SLAW APPLE | 25 SOUP VEGGIE QUICHE ROASTED DILL POTATOES MARBLE-RYE BREAD BERRIES w/ YOGURT |
| 28 SOUP TUNA NOODLE CASSEROLE MIXED VEGETABLES CLEMENTINE | 29 SOUP STUFFED PEPPERS BAKED POTATO SPINACH SALAD BERRIES w/ YOGURT | 30 SOUP SALMON w/ MAPLE-DIJON SAUCE BROWN RICE ROASTED ASPARAGUS BANANA | SUGGESTED CONTRIBUTION FOR MEALS \$3.00. NO HOME-DELIVERED MEALS WHEN SITES ARE CLOSED. | Meals meet dietary guidelines of one-third DRIs, as certified by Dietitian Elizabeth Margiotta, MS, CDN. |